



INTERNATIONAL GRAPPLING FEDERATION

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INTERNATIONAL GRAPPLING REGULATION

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SECTION ONE – GENERAL RULES

Article 1 – Philosophy

Grappling is a non-striking hybrid sport formed of wrestling, Brazilian jiu-jitsu and other styles of submission fighting whose art consists in forcing the opponent to surrender through the application of locks and choking techniques.

In accordance with the general philosophy of sport, the grapplers are required to honour the values of sportsmanship and fair play and they shall never intentionally injure a fellow sportsman in competition.

Article 2 – Objectives

Based on the IGF (International Grappling Federation) international rules set forth in the present document:

- Establish the competition system, classification, technical points, penalties, eliminations, etc.
- Define and specify the practical and technical conditions under which a match is to take place.
- Determine the value to be assigned to actions and holds.
- List the situations and prohibitions.
- Determine the technical duties of the refereeing body.

Article 3 – Application of the Rules and IGF Licence

The rules defined in the present document shall be in effect for all IGF sanctioned events in order to ensure optimal safety of the athletes and a healthy growth of the discipline.

The IGF licence is mandatory for every international grappling competition with more than two participating countries. Every international competition must be reported to IGF and added to its official calendar.

Athletes participating in international competitions shall have IGF licence – registration card.

Article 4 – Anti-Doping and Sanitary conditions

All athletes participating in IGF sanctioned events agree to submit themselves to the World Anti-Doping Code.

Athletes knowingly infected with the HIV and Hepatitis B & C viruses are prohibited from participating in grappling competitions. Medical staff knowingly infected with the same viruses is also prohibited from administering healthcare to bleeding competitors.

SECTION TWO – COMPETITION PROCEDURE

Article 5 – Competition system

IGF competitions follow the competition system adopted by IGF. Single-elimination tournament is when the competitor is immediately eliminated after the first defeat. Only the athletes defeated in semi-finals compete for the third place.

Competition committee may apply different competition systems.

Article 6 – Weight-in and Drawing of Lots

Weigh-in shall be conducted the day of the competition in a restricted area near the competition site or one day before the competition in an indicated location. It shall last no less than 1 hour and be concluded 1 hour prior to the scheduled start of the first bout of the designated weigh categories.

Access to the weigh-in room shall be limited to competitors, coaches, referees, and official weigh-in staff. Athletes must be registered in the registration system and present their official document stating their age and nationality to the designated judge in charge of the weigh-in.

Athletes shall wear shorts or underwear and be allowed to check their weight on the scales as many times as they wish within the official weigh-in time frame. No weight tolerance shall be granted at the IGF sanctioned events.

After the athletes have made weight and before filling competition reports, drawing of lots shall be performed in order to draw a lot number which will be used to determine athlete's position in the bracket. The results of drawing of lots shall be recorded either manually or by computer with the official IGF competition software.

Note: Drawing of lots shall be conducted by the head referee or chief secretary; if there is a possibility athlete's coach or representatives are invited to draw lots.

SECTION THREE – MATERIAL STRUCTURE

Article 7 – Age and Weight Divisions

All contestants shall be able to provide an official document proving their age and nationality. Any athlete found competing in an age group lower than his/her IGF designated age category shall be automatically disqualified from the immediate competition.

Athletes, other than veterans, are allowed to compete for one weight category and age group above. If IGF is fighting in several age groups in weight classes, athletes can only fight in one age group and weight category.

Note: The Competition Committee may decide to allow participation in several weight categories and age groups

Novice (9 years and younger)

- Boys: 22, 25, 28, 32, 36, 40, 44, 48, 52, 58, +58 kg
- Girls: 20, 23, 26, 29, 33, 37, 41, 47, 53, +53 kg

Novice (10-11 years olds)

- Boys: 25, 28, 32, 36, 40, 44, 48, 52, 58, 64, +64 kg
- Girls: 23, 26, 29, 33, 37, 41, 47, 53, 61, +61 kg

Children (12-13 year olds)

- Boys: 32, 36, 40, 44, 48, 52, 58, 64, 72, +72 kg
- Girls: 29, 33, 37, 41, 47, 53, 61, +61 kg

Schoolboys/girls (14-15 year olds)

- Boys: 40, 44, 48, 52, 58, 64, 72, 80, +80 kg
- Girls: 33, 37, 41, 47, 53, 61, 69, +69 kg

Cadets (16-17 year olds)

- Boys: 48, 52, 58, 64, 72, 80, 90, +90 kg
- Girls: 37, 41, 47, 53, 61, 69, +69 kg

Juniors (18-19 year olds)

- Men: 52, 58, 64, 72, 80, 90, +90 kg
- Women: 41, 47, 53, 61, 69, +69 kg

Senior (18 year olds and older)

- Men: 64, 72, 80, 90, 100, +100 kg
- Women: 47, 53, 61, 69, 77, +77 kg

Masters (I group 35-44 year; II group 45-54 year; III group 55-64 year; IV group 65 year and older)

- Men: 64, 72, 80, 90, 100 +100 kg
- Women: 47, 53, 61, 69, 77, +77 kg

Article 8 – Grapplers’ Uniforms and Appearance

For all IGF sanctioned events, competition uniforms shall be approved by IGF.

Competition Uniform NoGi

The first grappler called shall appear on the edge of the mat wearing an overall red uniform and the second grappler called an overall blue uniform. The competition committee may let to wear a different colour uniform; then the first grappler shall wear a red band.

The rash guards shall be tight-fitting, with short or long sleeves, and contain at least 60% of the assigned colour. Mixture of red and blue on rash guards is forbidden.

The competition committee may let to wear a different colour rash guard or compete without it; then the first grappler shall wear a red band. The board shorts shall be either of the matching assigned red and blue colour or of a neutral colour, such as black, white or grey. They shall not be excessively baggy. The shorts shall not have pockets or button/snaps that may be unsafe during competition. Black compression shorts or pants worn under the board shorts or alone are also permitted.

Competition Uniform Gi

The first invited grappler on the edge of tatami appear wearing a white suit Gi and the second wears a blue or black outfit Gi. Gi must be made of cotton fabric or other similar material and it must be in good condition. With respect to opponents, Gi cannot be a very thick or solid material. The jacket should cover the hips, but should not cover the thighs. Straight hands forward, the gap between the sleeves and the wrists should not exceed 5cm. The trousers should be of the right size and straight to reach the ankle when the wrestler is standing. Pants cannot be very tight or loose, otherwise it will affect the ability of the opponent to grab or move. A strap that keeps the jacket firmly wrapped around the waist. **Women** must wear underwear and a white or blue/black or any other neutral-colored T-shirt under the Gi. **Men** must wear underwear under the Gi. No other clothing is permitted.

Note: The Competition Committee may decide to allow the participation of different color Gi, then the first is a red bandage (GI belt).

Protection gear

It is allowed to wear light kneepads containing no metal parts, also mouth guards and bandage. Grapplers are also allowed to wear ear protectors that do not contain any metal parts or hard cover shells.

Country’s abbreviation and emblem

It is recommended for all Continental and World Championships that the grapplers wear the abbreviation of their country’s name on the back of their competition rash guards. The abbreviation shall measure approximately 20x15 cm and not exceed the size of an A5 sheet.

The competitor’s last name may be added above or below the country code and shall be written in Latin letters measuring 4 to 7 cm.

The emblem of the country, federation or club may also be worn on both rash guards and shorts and shall not exceed 4x8 cm.

Advertising on clothing

Grapplers may wear sponsors’ names or symbols on their competition uniforms as long as they do not hinder the identification of the uniforms’ colour and country’s abbreviation.

Shoes

Grapplers shall not wear shoes during the match – they must be barefooted.

Appearance and hygiene

Grapplers are prohibited from wearing bandages on the wrists, arms or ankles except in the case of injury or on doctor’s orders. Grapplers are prohibited from wearing any object that might cause injury to an opponent such as necklaces, bracelets, anklets, toe rings, finger rings, piercing of any kind, prosthesis, etc. Grapplers’ fingers and toenails shall be neatly trimmed with no sharp edges. If

an athlete's hair is longer than shoulder length, the athletes shall tie back their hair. Grapplers shall be well groomed and their hair and skin shall be free of any greasy, oily or sticky substance. Grapplers may not arrive at the mat perspiring for the beginning of the match. The referee may require a grappler to towel off at any time during the match. In the interest of health, hygiene and a sanitary environment for the athletes, these rules shall be strictly enforced.

At weigh-in, IGF official shall check that all competitors satisfy the requirements of this article. The athletes must be warned that if their appearance or uniform are not compliant, they will not be allowed to enter the competition. The grapplers who enter the competition area with an appearance that does not conform to the present regulations will be given 2 minutes to change it so that the above-mentioned violations would be removed. Otherwise they will lose the match due to failure to fulfil obligations.

Article 9 – Competition Mat

For all IGF sanctioned events, IGF approved from 9x9 or 12x12 meter mats shall be used. A mat shall contain a square of size from 5x5 to 8x8 meters for the match zone. The centre of the mat shall contain a 1-meter square that will serve as a starting point for the matches. From the edge of the outer square, a minimum of a 2-meter safety zone shall be provided. The thickness of the mat shall be 4 centimetres and fatter.

Article 10 – Medical Service

A medical practitioner approved by IGF and the host National Federation shall be assigned to every IGF sanctioned event. This specialist shall be an expert in sports medicine and be fully conversant with grappling techniques and rules. Medical practitioner shall have full authority to stop a match at any time if either competitor is deemed to be in danger.

Medical Officer's duties:

- To give medical surveillance during the entire competition and be ready to intervene in the event of an accident or injury or on the head referee's request.
- To determine if an athlete is fit to continue the match and/or competition or not.
- To call an ambulance if it is impossible to provide first aid on the site.
- To inform the head referee about the traumas and injuries.

SECTION FOUR – THE MATCH

Article 11 – Duration of the matches

Children - takes 2 minutes.

Juniors - takes 3 minutes.

Youth and Masters - It takes 4 minutes.

Adult - takes 5 minutes.

Extension 2 minutes before the first "Golden score".

The duration of professional battles is 2x5 minutes (extension 5 minutes).

Note: The refereeing brigade, after consulting with the chief referee of the competition and after reviewing the video footage, may grant an additional overtime period.

Article 12 – Call and Start of the Matches

Both grapplers' names shall be called in a loud clear voice to the mat. Grapplers shall be called 3 times with at least a 30-second time interval between each call. If after the third call a grappler has not checked in at the mat, he shall be disqualified for forfeiting the match.

When their name has been called, the grapplers shall stand in the corner corresponding to their assigned colour and wait for the head referee to call them to his/her side. The head referee shall inspect their competition uniform and give them 2 minutes to change them in case they are not compliant with the present regulations. In case an athlete does not come back to the mat with a

satisfactory uniform after 2 minutes, he/she shall lose the match by forfeit. The head referee shall also inspect the grapplers to make sure that their skin is not covered with any greasy or sticky substance, or with perspiration. After the head referee has completed his/her inspection, the two grapplers shake hands and begin the match as the referee's whistle.

Article 13 – Start and Restart Positions

At the beginning of the match both grapplers stand opposite one another in the centre of the mat and wait for the referee's command to start grappling. If the grapplers go out of bounds, the referee shall restart the action in the centre of the mat in the same position as the grapplers were before they went out of bounds of the mat. If the grapplers were in a standing position, then they will restart the action also in a standing position, if they were on the ground, then they have to restart on the ground. In cases where the match was stopped outside the competition area while in groundwork (parterre), and it is not possible to restore the same position in the center of the mat, the match will be resumed in the standing position.

If the grapplers fight on the ground and do not make any technical actions, they are asked to stand up and start the match in a standing position.

Article 14 – Scoring

The scores are awarded only during the overtime when the grappler did not win during the main time by forcing the opponent to surrender. All legal grappling actions are allowed during the match.

Permissible technique

- throwing technique;
- choking actions;
- hand, shoulder or wrist locks;
- leg locks (except for heel or foot twisting).

1 point

- For throw when the grappler remains in a standing position after technical throw, and the opponent is thrown on the mat;
- For a throw where the wrestler is able to assume a controlling top position after the throw, which is maintained for 5 seconds;
- Takes a controlling position: side hold, head side hold, knee to chest hold, top sit on opponent, back hold: if opponent is not lying on his/her stomach, hugging the opponent with arms and legs; if the opponent is lying on his/her stomach, hugging the opponent with arms and legs is not necessary;. Each position must be held for 5 seconds.
- Each position must be maintained for 5 seconds.

Activity

- Any throw after which the athlete does not remain standing;
- Any position of control that cannot be held for 5 seconds. (The referee takes the position and starts counting, but the competitor breaks free);
- Any actual attempt to perform a painful or strangulating act which poses a real threat but which the opponent has successfully defended against (the decision regarding the level of danger and the awarding of an activity point is made by the mat referee);
- If an athlete receives a verbal warning - the Activity Rating is awarded to the opponent.

Article 15 – Injury and Blood Time

The referee must stop the match and call for injury time if a grappler is temporarily injured due to an incidental blow (i.e. eye poke, head collision, etc.). Injury/blood time per match cannot exceed 2 minutes per athlete. If the referee feels that a grappler is feigning injury to avoid a submission and/or action, he may declare a disqualification. Similarly, if an injury occurs as a result of an illegal move, the referee shall disqualify the grappler at fault.

In the event of a grappler bleeding, the referee shall stop the match and make the medical staff intervene. Proper cleaning utensils and disinfectant solutions must be readily available at the mat table. It is the Head medical officer's duty to determine whether the bleeding and spread of blood have been effectively stopped and whether or not the athlete may continue competition.

The competition cannot resume until all materials used in blood clean-up are properly disposed of and until the medical solution used to clean up the mat has dried. In the case of a bloodied or torn garment that must be replaced, all athletes must have a backup uniform available mat side. In the event of the two competitors being simultaneously injured and incapacitated, the refereeing body shall consult and vote to determine the legitimate winner.

Article 16 – Interruptions of the Match

If for any reason the match must be interrupted (i.e. injury/blood time, referees' consultation, etc.), the two grapplers shall stand or sit in the centre of the mat facing the referees' table, without talking to anyone or taking liquids, and wait for the referee to call them back and resume the match.

Article 17 – Decision Criteria

In all cases, the referee has full authority to stop the match and award the victory if they believe that the athlete is at risk of serious injury, or if it is evident that the athlete can no longer withstand a submission or choking technique, even if the athlete does not show a sign of submission (tapping). Athlete safety is always the highest priority.

When a competitor abandons the fight, either verbally or by tapping on the mat or on the opponent's body with a hand or foot, the opponent is automatically declared winner.

If no athlete has surrendered by the end of the main time limit, the winner shall be the athlete with the least number of cautions - penalty points. In the event of a tie, 2 minutes of extra time shall be awarded until the first Golden Point is awarded. At the end of the overtime period, the athlete with the highest number of "Activity" ratings shall be declared the winner. If both athletes have the same number of Activity ratings, the athlete with the last "Activity" rating shall be declared the winner. If the winner has not been announced during overtime, the referee brigade shall consult and grant the victory to a more active grappler.

If a competitor loses consciousness due to a legal choking technique applied by the opponent or due to an accident not stemming from an illegal manoeuvre, the head referee shall stop the match, help the unconscious athlete regain his/her sense and declare the opponent winner by submission.

Note: If a competitor below 18 years old (cadet, schoolboy or novice) loses consciousness during a match further to a legal choke, he/she shall be suspended from the rest of the competition as a safety precaution. Competitors who lose consciousness due to head trauma shall be suspended from the rest of the competition and be directed to undergo treatment from medical staff.

You can win by:

- Submission to the opponent.
- Points.
- Decision by the referee.

Article 18 – Overtime

In case of a tie, 2-minute overtime shall be called. Victory is determined by "golden point", meaning that the first grappler who scores wins the match. The match during the overtime starts in the middle of mat when both grapplers stand in front of one another and wait for the referee's command to start. If the winner has not been announced during overtime, the victory is granted by the decision of the referee.

Note: The refereeing brigade, after consulting with the chief referee of the competition and after reviewing the video footage, may grant an additional overtime period.

Article 19 – Protest and Challenge

During the fight and after the battle (but not later) until the athletes can still object to the tatami, if the chief judge or wrestler's coach thinks that there has been a mistake, but if the victory is announced on the tatami and the athletes have gone out of it, the result of the race cannot under any circumstances be changed.

A challenge can be called for during the match or after the match if the Head Referee or a grappler's coach deems that a refereeing mistake has been made, but the result of a match may under no circumstances be modified after victory has been declared on the mat.

The challenge is the action through which a coach is allowed, on behalf of the grappler, to stop the action and request the refereeing body to watch the video evidence and reconsider its judgement. It is specified that this possibility is only offered during competitions in which the video control is formally established by IGF and the organizing committee. The coach who wishes to request a challenge shall address the mat judge. The referee shall interrupt the match. The referees of that mat are then invited to watch the video evidence and render their final decision along with the Head Referee in charge of the tournament who will have the final say in case of disagreement.

Note: If the grappler disagrees with his/her coach's decision, then the match continues.

Each grappler is entitled to 1 challenge per match. If after reviewing the video evidence, the refereeing body modifies its decision, then the challenge can be used again during the match. If the refereeing body confirms its initial decision, the grappler loses the challenge and the victory is granted to his/her opponent.

In case of technical failure or if the video evidence does not allow seeing the contested action properly (wrong camera angle, etc.), the challenge is considered void.

Note: The coach who requests a challenge shall pay 100 euros and only then the video evidence is watched. If the refereeing body confirms its initial decision, the money is not refunded.

SECTION FIVE – TECHNICAL INTERACTIONS

Article 20 – Passivity

It is the grapplers' duty to comply with all the requirements and make an honest attempt to submit their opponent.

When the mat judge feels that a grappler is exhibiting passivity, he shall stop the fight.

The first warning for passivity for the passive grappler is verbal "Passivity – Warning", the following cautions award 1 point to the opponent, the third caution results in the disqualification of the passive grappler.

1st verbal warning > 2nd caution = 1 point (yellow card) > 3rd caution = disqualification (red card). Every caution must be reported on the score sheet.

Passivity includes:

- When a fighter avoids contact with the opponent;
- When a fighter escapes from contact and deliberately avoids the action;
- When a fighter moves from a standing position into groundwork without any contact with the opponent.

Article 21 – Forbidden Actions

If a grappler violates the IGF regulation, the head mat judge shall disqualify him/her from the match or from the competition. The head mat judge shall report every violator for reviewing participation in the competition to the head referee. If a grappler is injured by an forbidden hold and cannot continue the match, the athlete who caused the injury shall lose the match. The first minor and

unintentional offence results in 1 point awarded to the opponent (yellow card), the second offence leads to disqualification (red card):

1st caution = 1 point (yellow card) > 2nd caution = disqualification (red card).

Note: If the referee has doubts about the penalty after any forbidden action executed, he/she shall consult with the referee brigade and head referee.

Forbidden actions:

Yellow card

- Painful action – twisting ankle of the leg
- First escape from the tatami (i.e. intentional escape from the tatami to avoid surrender or inconvenience);
- Painful action – twisting foot
- Nape breaking
- Use of the fingers for throat/trachea choking techniques
- Painful actions for fingers and toes
- Biting, pulling of hair, nose, ears, or attacking the groin;
- Holding fingers;
- Argument/insults towards anybody present in the competition hall;
- Showing dissatisfaction;
- Speaking while fighting;
- A throw from the standing position using a two-handed neck hold;
- Leaning or pushing with hands or feet against the opponent's face (the face being the front part of the head containing the primary sensory organs: eyes, nose, mouth).

Red card (disqualification)

- Attacks with hands and legs
- Intentional slam of the tatami in defense;
- Lifting athlete from a lying position and smashing into the mat
- Back splashes from standing position
- Throw onto the head or neck
- Second escape from the tatami (intentional escape from the tatami to avoid surrender or inconvenience);

Article 22 – Ejection Procedures

IGF strongly condemns any form of brutality, violence or harassment on the competition site. If an athlete, coach, or spectator goes beyond the acceptable in his/her words, gestures, or actions, it is the head referees' responsibility to judge if that behaviour is deemed as a conduct violation. Once the head referees have declared the behaviour to be a violation, they shall warn the individual at fault prior to being ejected. If the violation continues, the individual at fault will be ejected from the competition. If the head mat judges feel that the behaviour goes well beyond the normal violation, they may immediately eliminate him/her from the competition (disqualify).

Examples of conduct violations:

- Agreeing on the match result;
- Cursing during the match;
- Being aggressive towards the referees;
- Threatening the referees;
- Entering into physical contact with the referees;
- Throwing objects;
- Arguing;
- Refusing to stay on the mat for the winner's declaration.

SECTION SIX – REFEREEING BODY

Article 23 –General Duties of the Referees and Composition

The referees shall perform all the duties set forth in IGF regulations governing grappling competitions and in any special provision that might be established for the organization of a particular competition. The referee is required to use the basic FILA terminology and signals appropriate to their respective roles when conducting the matches.

Composition of match referees is the following: head referee, chief secretary, secretary-announcer, the head mat judge, mat judge and superintendent.

Article 24 – The Head Referee

- Responsible for conducting competitions and their security;
- To inspect competition site, equipment and inventory, their compliance with the requirements of the present regulations; to postpone competition, if the site of the match, equipment or inventor do not comply with the requirements of the present regulations, until the shortcomings are removed;
- to appoint referee brigades for weight-in of the competitors;
- to allocate referees into brigades if the competition is performed on two or more mats;
- to take measures on time in order to correct errors made by the referees;
- to make decisions in the shortest period of time under the received applications and objections by the representatives of participant groups (teams);
- to organize meetings of the referee panel in the presence of representatives, to announce the procedures of judges, to discuss the course of the competition, to approve results of the competition;
- to announce a break in competition or to stop it due to adverse conditions that hinder competition;
- to change programme and schedule of the competition, if necessary;
- to eliminate referees who committed rough errors or who could not fulfil their obligations; to change the composition of referee brigade;
- to make remarks, warnings or to eliminate representative who acts tactlessly, argues with judges, and also to eliminate a person who submitted groundless application;
- to change the order of matches if necessary;
- to solve all the issues regarding competition;
- to prepare report on the competition and to submit it to the organization that organizes the competition on the set time;

The report shall be prepared in a free form. It shall contain applications, participants' licence – registration card on participation in competition, protocols on the course of the competition and results as well as other documents.

Note: Implementation of decisions by the head referee is binding to all the athletes, referees and representatives of participant groups (teams).

Article 25 – The Chief Secretary

The chief secretary is subordinate to the head referee. He is in charge of secretaries-announcers, is responsible for preparation and processing of all competition documents, accepting and inspecting of applications, registration cards of the participants, leading drawing of lots, recording meetings of the judge panel, process all the decisions by the head referee, controlling correctness of all the records and other refereeing documents of the competition.

Article 26 – The Secretary-announcer

The work of the secretary-announcer is controlled by the chief secretary and the heads of referee brigades.

The secretary-announcer announces the program and procedure of the competition, informs the participants and spectators about the course of the matches and results. He/she records the course of the competition.

All the information about the course of the competition is announced only if the head referee or chief secretary allows doing that.

Article 27 – The Referee Brigade

The head referee composes referee brigades and appoints their heads. The number of referee brigades equals to the number of mats where the matches will take place. The referee brigade is composed of three referees. The referee brigade is responsible for the course of the match, procedure and refereeing of the appointed mat.

Note: Continental and World Championships shall be refereed only by the international category referees.

Article 28 – The Head Mat Judge

The head mat judge is responsible for the orderly conduct of the grapplers. He/she shall command the respect of the contestants and exercise full authority over them so that they immediately obey his/her orders and instructions. Similarly, the head mat judge shall conduct the matches without tolerating any irregular and outside interventions.

The head mat judge's main duty consists in starting and interrupting the matches, scoring points, assessment of "Advantage", imposing the penalties, and declaring the legitimate winners. The verbal commands used by the head mat judge during the match shall be made in accordance with the International Refereeing Rules.

The commands "Fight" starts, commands "Stop" breaks and ends the match. "Point - points are awarded only in overtime. After the action to be scored has been performed, he shall indicate the point value of the action with his fingers by raising the hand corresponding to the colour of the grappling fighter who receives the points; "Advantage" - "Activity" is only awarded in the overtime period when the athlete receives an "Activity" score. To indicate "Activity", the tatami referee raises the outstretched arm to the shoulder, palm down (left or right, depending on which athlete is awarded "Activity"). "Position" - when the receiver is in a controlling position and the referee starts counting 5 seconds.

Specific duties of head mat judge:

- Shake the grapplers' hand when they enter the mat and before they leave it;
- Inspect the grapplers' competition uniform and require them to change them within 2 minutes in case they are not compliant with the present Regulations;
- Inspect the grapplers' skin for perspiration or any greasy or sticky substance;
- Not get too close to the grapplers when they are in standing position, but stay close if they are in ground position;
- Be able to change position from one moment to the next, on the mat or around it, and in particular move onto the knees or stomach to obtain a better view of an impending submission;
- Not turn the back to the competitors at any point and risk to lose control over the situation;
- Stimulate a passive grappler without interrupting the match and give the necessary cautions;
- Ensure that the grapplers do not rest during the match on the pretence of wiping their bodies, blowing their nose, feigning injury, etc.;
- Brush off a grappler's hand or give a verbal warning if he/she is pulling the opponent's uniform;
- Uphold penalties for violations of the rules or for brutality;
- Be ready to give a command "STOP" if the grapplers approach the edge of the mat;

- Stop fighting when fighters leave the tatami and return wrestlers to the center of the tatami in the same position as they were outside the tatami. If the fighters were in a standing position, then they would meet again in a standing position, at the party, then at the party;
- Break action and bring the grapplers back into starting position when the action goes out of bounds (i.e. when no part of the body of either grappler is touching the competition area or when any part of the body of either grappler is out of the protection area);
- Rapidly and clearly order the position in which grappling must be resumed;
- By giving a command “STOP” to stop the action after a grappler has signalled submission either physically (by a tap) or verbally. The head referee shall also put a hand on each competitor to further ensure the grapplers’ safety;
- Except for Continental and World Championships, stop the action if, upon observing a technical painful or choking action and it is thought that the grappler would be unable to escape without harm;
- Stop the match when necessary;
- Ensure that the grapplers remain on the mat until the result of the match is announced;
- Proclaim the winner after the match by raising his/her hand.

Article 29 – The Mat Judge

The mat judge shall follow the course of the match very closely. Nobody shall disturb or distract him in any way. Following each action and on the basis of the main mat referee’s indications, he shall write the corresponding points on the score sheet.

Specific duties of the mat judge:

- Maintain time of the match.
- Record evaluation into the score sheet.
- Make the head referee aware of any possible scores, infractions, or submission.
- Declare overtime in case of 0-0.
- Confirm the winner to the head referee and the classification points, warnings and penalty points received by the grappler.

Article 30 – The Superintendent of the Match

The superintendent of the match is responsible for preparation of competition area and its artistic design; security, placement and service of participants, representatives and spectators; maintenance of order during the competition; supplying all the necessary materials according to the indications by the head referee or representative of organization preparing the competition.

Article 31 – Referees’ Uniform

The referees shall wear IGF approved t-shirt (green, black or red), black flat front trousers with a black belt, black plimsolls or sports shoes, and black socks.

In addition, the main mat judge shall wear a red band on his left wrist and a blue band on his right wrist. Moreover, it is recommended to wear black disposable gloves for hygiene purposes.

Note: The Race Committee may decide to allow a T-shirt with a different color.

SECTION SEVEN – FINAL PROVISIONS

The present Rules were approved by IGF and can be modified at any time if slight improvements are deemed necessary.

In case of a dispute regarding their interpretation and application, it is specified that the English version prevails.

The contestants in grappling events agree not to bring a dispute to civil court. Every disagreement will be settled by IGF referee committee, if necessary IGF Executive Committee. If no settlement is

established, the parties can bring the case, at their own expense, to the Court of Arbitration for Sport (CAS), located in Lausanne, Switzerland.